- Treadmills
- Upright Bikes
- Recumbents
- Ellipticals
- BOWFLEX
- Universal

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Fitness First, Inc.
Providing Quality Fitness Equipment to the World

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BOWFLEX SCHWINN Universal

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2013 International Catalog

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SCHWINN®

Treadmills

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ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100178	Schwinn 840 Treadmill	Schwinn	Taichung	19.70	285

SCHWINN®

Treadmill

840

BioFit™ Comfort

•Softrak™ suspension deck reduces impact to joints
•Unique fan design integrates convenience and comfort

BioDyne™ Performance
•Folding convenience with SoftDrop™ technology
•Powerful 2.5 horsepower continuous duty motor
•Cushioned walking/running surface area (20”x55”)
•Max Incline 10%
•Max Speed 10 MPH

BioConnect® Feedback
•20 workout programs
•Integrated grip and telemetric heart rate system

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100179	Schwinn 860 Treadmill	Schwinn	Taichung	23.91	345

SCHWINN®

Treadmill

860

BioFit™ Comfort
- Softrak™ suspension deck reduces impact to joints
- Unique fan design integrates convenience and comfort

BioDyne™ Performance
- Folding convenience with SoftDrop™ technology
- Powerful 3.0 horsepower continuous duty motor
- Generous walking/running surface area (20”x58”)
- Max Incline 12%
- Max Speed 12 MPH

BioConnect® Feedback
- 20 workout programs
- Integrated grip and telemetric heart rate system (chest belt included)

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100181	T516 Treadmill	Nautilus	Taichung	24.91	345

NAUTILUS Inc

Treadmill

T516

The Nautilus T516 Treadmills is engineered with a gym-inspired design that lets you enjoy running or walking on a remarkably comfortable surface that's easy on your feet, ankles, knees and hips. Featuring a generous running surface and powerful motor, the T516 is the ultimate running experience.

- Powerful 3.2 horsepower continuous duty motor
- Softrak™ suspension deck with generous cushioned surface area (20”x58”) reduces impact to joints
- 4 Polar™ heart rate programs, with telemetry, grip and chest belt (included)
- Remote speed and incline controls
- 26 workout programs, 4 custom user profiles
- 9 time/distance courses, including pre-set 5k and 10k
- Unique fan design integrates convenience and comfort
- SoftDrop™ folding technology
- Max Incline 15%
- Max Speed 15 MPH

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SCHWINN®

Upright Bikes

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ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100254	Schwinn A15 Upright Bike	Schwinn	Yantian	5.06	60

SCHWINN®

Upright Bike

A15

BioFit™ Comfort features:

- Whisper-quiet operation
- Compatible MP3/iPod® music port and dual-speaker system
- Multi-position seats for optimal positioning (A15)

BioConnect™ Feedback features:

- 1 Quick Start, 6 Profile courses
- Enhanced, easy to read, multi-function LCD display
- Integrated grip heart rate sensors for easy fitness monitoring

BioDyne™ Performance features:

- 8 resistance levels with electronic Eddy current brake system
- 13.2 lb., perimeter-weighted flywheels for smooth, consistent workouts
- 17.5" stride length (A45)

Better-engineered equipment
+ uncompromised Schwinn quality
+ store-only distribution (no Internet)
= the perfect fitness equation.

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100193	A10 Upright Bike	Schwinn	Yantian	4.79	60

SCHWINN®

Upright Bike

A10

Product Features

- A10 Comfort features
- Ergonomic pedal design for efficient and comfortable pedaling
- Unique console design with integrated fan and control buttons
- Adjustable seat and handlebars for the perfect fit

A10 Performance features

- Perimeter weighted flywheel for a true road feel, and smooth, consistent workouts
- Fast and reliable electromagnetic resistance system
- Oversized stabilizers and levelers for a solid workout platform

A10 Feedback features

- 8 resistance levels
- 6 fitness metrics, including Calories, Heart Rate, Speed, RPM, Time, and Distance
- Integrated grip heart rate system for easy fitness monitoring

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100236	120 Upright Bike	Schwinn	Ningbo-2	6.15	70

SCHWINN®

120

Upright Bike

Product Features

- BioFit™ Comfort
- Ergonomic pedal design for efficiency and comfort
- Adjustable seat and handlebars
- In-console speakers and MP3 music input port, with holders for magazines, ebooks or other media
- Integrated Fan with Fan Speed controls.

BioDyne™ Performance

- Perimeter weighted flywheel for a true road feel, and smooth, consistent workouts
- Oversized stabilizers and levelers that are built-in for a solid workout platform

BioConnect® Feedback

- 10 workout programs: 6 course profiles, fitness test, custom workout, quick start, results/cool down
- Integrated grip heart rate system for easy fitness monitoring
- 16 resistance levels

Watch Video

* Video may not show latest model.

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100308	145 Upright Bike	Schwinn	Ningbo-2	5.88	90

SCHWINN®

145

Upright Bike

- BioFit™ Comfort features:
  - Extra-wide, multi-position seats for long-lasting comfort
  - MP3 music/media port with 2 speakers
- BioConnect™ Feedback features:
  - 11 programs, including Quick Start, 8 profiles, Distance Goal, Custom
  - Enhanced, blue back-lit, multi-function LCD display
  - Schwinn Advantage workout tracking, with 2 user profiles
  - Integrated grip heart rate sensors and 4 HR control programs
- BioDyne™ Performance features:
  - 16 resistance levels with electronic Eddy current brake system
  - Perimeter-weighted flywheels for smooth, consistent workouts
  - Oversized stabilizers and levelers for a solid workout platform

Better-engineered equipment
+ uncompromised Schwinn quality
+ store-only distribution (no Internet)
= the perfect fitness equation.

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100237	150 Upright Bike	Schwinn	Ningbo-2	7.61	87

SCHWINN®

Upright Bike

BioFit™ Comfort

- Oversized, ergonomic pedals with dual density materials for efficiency and comfort
- Fore-aft and angle-adjustable console, with integrated blower fan, speakers, bottle holder and utility tray
- Speakers and MP3 music input port
- Extra-wide seat

BioDyne™ Performance

- Perimeter weighted flywheel for a true road feel, and smooth, consistent workouts
- Oversized stabilizers and levelers that are built-in for a solid workout platform

BioConnect® Feedback

- Backlit, multi-color console w/11 preset programs, 8 profile courses, quick start, distance goal, fitness test.
- 4 Polar® heart rate programs
- Schwinn Advantage™ workout tracking (Voice: an easy way to set fitness goals and measure your progress right on the console)
- Polar® telemetry-enabled heart rate system
- 16 resistance levels

Watch Video

150

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100167	U514 Upright Bike	Nautilus	Ningbo-2	6.75	88

U514

Upright Bike

The Nautilus® U514 Upright Bike lets you ride longer and harder with biomechanically correct design and comfort features, enhanced programming, and integrated Polar® heart rate systems.

- 7 profile courses
- 4 Polar™ heart rate programs, with telemetry, grip and chest belt (included)
- Electronically controlled magnetic resistance system
- Blue backlit LCD display
- Powerful fan, multi-point seat and console adjustments
- Oversized deluxe pedals, water bottle holder and magazine rack
- Number of Workout Programs: 17; 1 Manual, 11 Profile, 5 User
- Resistance: Magnetic ECB
- Machine Weight: 88 lbs
- Max User Weight: #300 lbs.
- **Integrated Features**: Polar heart rate system with chest strap, reading rack, water bottle holder, fan, rear stabilizer frame levelers, transport wheels, adjustable handlebars, fore/aft seat adjustment, oversized pedals, oversized saddle

Watch Video

NAUTILUS Inc

SCHWINN®

Recumbent Bikes

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ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100256	A25 Recumbent Bike	Schwinn	Yantian	6.37	104

SCHWINN®

Recumbent Bike

A25

BioFit™ Comfort features:

- Whisper-quiet operation
- Compatible MP3/iPod® music port and dual-speaker system
- Multi-position seats for optimal positioning

BioConnect™ Feedback features:

- 1 Quick Start, 6 Profile courses
- Enhanced, easy to read, multi-function LCD display
- Integrated grip heart rate sensors for easy fitness monitoring

BioDyne™ Performance features:

- 8 resistance levels with electronic Eddy current brake system
- 13.2 lb., perimeter-weighted flywheels for smooth, consistent workouts
- 17.5” stride length (A45)

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100194	A20 Recumbent Bike	Schwinn	Yantian	6.4	76

SCHWINN®

Recumbent Bike

A20

Product Features

- Ergonomic seat design with secure adjustments for a great fit
- 2-position lumbar support
- Unique console design with integrated fan and control buttons
- Comfort-designed grip heart rate sensors allow for natural hand positioning

A20 Performance features

- Perimeter weighted flywheel for a true road feel, and smooth, consistent workouts
- Fast and reliable electromagnetic resistance system
- Oversized stabilizers and levelers for a solid workout platform

A20 Feedback features

- 8 resistance levels
- 6 fitness metrics, including Calories, Heart Rate, Speed, RPM, Time, and Distance
- Integrated grip heart rate system for easy fitness monitoring

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100235	220 Recumbent Bike	Schwinn	Ningbo-2	6.37	87

SCHWINN®

Recumbent Bike

BioFit™ Comfort

- Ergonomic pedal design for efficiency and comfort
- Adjustable seat and handlebars
- In-console speakers and MP3 music input port, with holders for magazines, ebooks or other media

BioDyne™ Performance

- Perimeter weighted flywheel for a true road feel, and smooth, consistent workouts
- Oversized stabilizers and levelers that are built-in for a solid workout platform

BioConnect® Feedback

- 10 workout programs: 6 course profiles, fitness test, custom workout, quick start, results/cool down
- Integrated grip heart rate system for easy fitness monitoring
- 16 resistance levels

Watch Video

* Video may not show latest model.

220

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100309	245 Recumbent Bike	Schwinn	Ningbo-2	13.08	117

SCHWINN®

Recumbent Bike

245

- BioFit™ Comfort features:
  - Extra-wide, multi-position seats for long-lasting comfort
  - MP3 music/media port with 2 speakers
- BioConnect™ Feedback features:
  - 11 programs, including Quick Start, 8 profiles, Distance Goal, Custom
  - Enhanced, blue back-lit, multi-function LCD display
  - Schwinn Advantage workout tracking, with 2 user profiles
  - Integrated grip heart rate sensors and 4 HR control programs
- BioDyne™ Performance features:
  - 16 resistance levels with electronic Eddy current brake system
  - Perimeter-weighted flywheels for smooth, consistent workouts
  - Oversized stablizers and levelers for a solid workout platform

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100238	250 Recumbent Bike	Schwinn	Ningbo-2	13.11	117

SCHWINN®

Recumbent Bike

Watch Video

250

BioFit™ Comfort

- Oversized, ergonomic pedal design with dual density materials for efficiency and comfort
- Fore-aft and angle-adjustable console, with integrated blower fan, speakers, bottle holder and utility tray
- Speakers and MP3 music input port
- Ergonomic, extra-wide seat

BioDyne™ Performance

- Perimeter weighted flywheel for a true road feel, and smooth, consistent workouts
- Oversized stabilizers and levelers that are built-in for a solid workout platform

BioConnect® Feedback

- 11 preset programs, 8 profile courses, quick start, distance goal, fitness test
- 4 Polar® heart rate programs
- Backlit, multi-color console
- Schwinn Advantage™ workout tracking (Voice: an easy way to set fitness goals and measure your progress right on the console)
- Polar® telemetry-enabled heart rate system
- 16 resistance levels

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100172	R514 Recumbent Bike	Nautilus	Ningbo-2	13.11	119

R514

NAUTILUS Inc

Recumbent Bike

- 7 profile courses
- 4 Polar™ heart rate programs, with telemetry, grip and chest belt (included)
- 2 programmable user profiles
- Electronically controlled magnetic resistance system
- Blue backlit LCD display
- Powerful fan, multi-point seat adjustments
- Convenient step-through design, adjustable lumbar support
- Oversized deluxe pedals, water bottle holder and magazine rack
- Integrated gear basket
- Number of Workout Programs: 17; 1 Manual, 11 Profile, 2 Custom for 2 Users
- Resistance: Magnetic ECB
- Machine Weight: 119 lbs (54 Kg)
- Max User Weight: #300 lbs. (136 kg)
- **Integrated Features**: Polar heart rate system with chest strap, reading rack, water bottle holder, fan, rear stabilizer frame levelers, transport wheels, adjustable handlebars, fore/aft seat adjustment, oversized pedals, oversized saddle

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100251	520 Recumbent Elliptical Bike	Schwinn	Ningbo-1	13.43	87

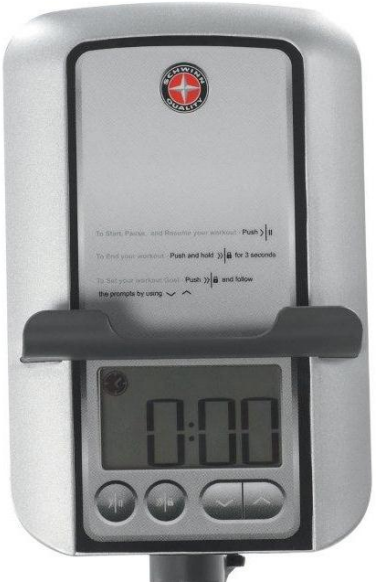
SCHWINN®

Recumbent Elliptical Bike

520

The Schwinn 520 is a reclined elliptical using Airdyne technology. Its unique combination of recumbent seat position with and elliptical foot path takes the load off your joints and allows you to work out in a supported and comfortable position.

- Unique Airdyne fan system provides smooth progressive resistance
- Striding motion from a 14 inch elliptical foot path engages more muscles than a bike for a more effective workout
- Easy to read display showing numerous workout metrics
- Ventilated, contoured seat back encourages good posture and is designed for hours of comfort
- Single stage high torque drive belt



SCHWINN®

Indoor Cycle / Airdynes

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ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100233	IC2 Spin Bike	Schwinn	Ningbo-1	8.20	95

SCHWINN®

Indoor Cycle

IC2

BioFit™ Comfort
- Multi position handlebars
- Integrated bottle or MP3 holder
- Easy-adjust pedals and outdoor cycling inspired Q-Factor

BioDyne™ Performance
- 31 lb flywheel and with high inertia, direct drive gearing
- Oversized, corrosion-resistant steel tubing for a safe and sturdy ride
- Long life wool felt pad gives smooth and even resistance

BioConnect® Feedback
- Simple to use LCD computer displays speed, RPM, distance, time, and calories

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100216	AD2 Airdyne	Schwinn	Ningbo-1	11.77	64

AD2

SCHWINN®

Airdyne

Using wind-resistance technology to provide an unparalleled upper- and lower-body workout, the Schwinn® AD2 increases its resistance the harder you pedal, making it the perfect machine for novices and pro athletes alike. Synchronized motion simulates natural movement for a complete workout, or use the foot pegs for a more focused workout for your upper body.

BioFit™ Comfort

- Air flow from the unique, quieter fan provides a comfortable, cooling effect
- Foot rest pegs allows a user to target upper body exercises

BioDyne™ Performance

- Synchronized arm and leg motion simulates natural human movement
- Patent-pending fan design displays air effectively for an infinite number of resistance levels
- Transport wheels enables quick and easy storage between rides

BioConnect® Feedback

- Simple to use LCD computer displays speed, RPM, distance, time, and calories

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100250	AD6 Airdyne	Schwinn	Ningbo-1	10.73	130

SCHWINN®

Airdyne

AD6

- NEW quieter, frictionless fan
- NEW shrouding on BioSynch™ linkage system for safer workouts
- NEW RevMeter™ RPM gauge – perfect for interval training
- NEW console layout with continuously visible metrics
- NEW integrated bottle holder
- NEW more convenient transport wheel location
- NEW updated styling for today's club and home environments
- NEW foot straps on self-balancing pedals for greater motion control
- NEW accessories – Reading Rack, Wind Screen

Resistance System	High-strength, ABS plastic fan
Drive System	Dual-stage super-torque drive belts
Display Type	High-resolution LCD: W 63 mm x H 126 mm
Display Readouts	RevMeter™, Time, Distance, RPM, Calories, Power, Pulse
Heart Rate Monitoring	Telemetric. Works with any Polar® compatible 4.5kHz - 5.5kHz chest strap transmitter
Power Requirement	2 AA batteries, not included
Seat	Extra-padded, anatomically designed
Dimensions	L 49.7" / 126 cm; W 25.7" / 65 cm; H 50.9" / 129 cm
Max User Weight	300 lbs (136 kg)

NAUTILUS Inc

SCHWINN®

Ellipticals

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ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100255	A45 Elliptical	Schwinn	Yantian	9.89	104

SCHWINN®

Elliptical

A45

BioFit™ Comfort features:

- Whisper-quiet operation
- Compatible MP3/iPod® music port and dual-speaker system
- Articulating footplates support natural strides

BioConnect™ Feedback features:

- 1 Quick Start, 6 Profile courses
- Enhanced, easy to read, multi-function LCD display
- Integrated grip heart rate sensors for easy fitness monitoring

BioDyne™ Performance features:

- 8 resistance levels with electronic Eddy current brake system
- 13.2 lb., perimeter-weighted flywheels for smooth, consistent workouts

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100195	A40 Elliptical	Schwinn	Yantian	10.00	105

SCHWINN®

Elliptical

A40

Schwinn® Elliptical Machines are designed to deliver a comfortable workout with maximum results. With easy to use features, simple assembly, and a unique console designed with you in mind, the Schwinn® A40 is a great step to a healthy you!

A40 Comfort features

- Biomechanically designed linkages provide a comfortable and natural foot motion
- Ergonomic handles for multiple workout positions
- Compact footprint fits virtually everywhere

A40 Performance features

- Perimeter weighted flywheel for smooth, consistent workouts
- Fast and reliable electromagnetic resistance system
- Oversized stabilizers and levelers that are built-in for a solid workout platform

A40 Feedback features

- 8 resistance levels
- 6 fitness metrics, including Calories, Heart Rate, Speed, RPM, Time, and Distance
- Integrated grip heart rate system for easy fitness monitoring

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100234	420 Elliptical	Schwinn	Shanghai-1	12.63	169

SCHWINN®

Elliptical

420

The Schwinn® 420 elliptical gives you an ergonomic, fat-burning workout, with intuitive controls and customizable programs to work with your specific fitness goals. And with its integrated heart monitor, you'll know when your heart rate is in the fat-burning zone, ensuring more efficient exercise routines.

BioFit™ Comfort

- Biomechanically designed linkages means a comfortable and natural 18-inch elliptical path
- Ergonomic handles for multiple workout positions
- Speakers and MP3 music input port in a console that holds magazines, ebooks or other media in multiple locations

BioDyne™ Performance

- Bi-directional pedaling allows you to pedal forward or backward to target specific muscle groups.
- Perimeter weighted flywheel with high inertia for smooth, consistent workouts
- Oversized stabilizers and levelers that are built-in for a solid workout platform

BioConnect® Feedback

- 8 workout programs, 6 course profiles, fitness test, and custom workout
- Integrated grip heart rate system
- 16 resistance levels

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100088	431 Elliptical	Schwinn	Shanghai-1	14.58	174

SCHWINN®

Elliptical

431

The 431 elliptical features the most comfortable and compact design for your home. With 19 different workout programs, you can make reaching your fitness goals a reality. Your comfort comes first with the build-in 3-speed adjustable fan, iPod/MP3 player holder, water bottle holder and towel hook.

- Space-saving dimensions (59"L x 26"W x 68"H) are more compact than most in-home elliptical trainers
- Bi-directional pedaling allows you to pedal forward or backward to target specific muscle groups.

Schwinn® BioDyne™

- Performance system includes a 25 lb. (11.3 kg) steel flywheel and computer controlled drive system that provide high inertia for smooth strides.
- 19 workout programs provide variety to your fitness activities
- Schwinn® BioGlide™ Elliptical path offers biomechanically designed linkages to provide a comfortable movement of the foot throughout the elliptical motion

Schwinn® BioFit™

- Innovative console design includes an integrated MP3/portable media compartment, on-console towel hook, fan and oversized cushioned footplates.

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100161	E514 Elliptical	Schwinn	Shanghai-1	13.44	169

NAUTILUS Inc

Elliptical

E514

The Nautilus® E514 Elliptical trainer features smooth biomechanically correct design and comfort features, enhanced programming, and integrated Polar® heart rate systems for superior workouts.

- 6 profile courses
- 4 Polar™ heart rate programs, with telemetry, grip and chest belt (included)
- 2 programmable user profiles
- Electronically controlled magnetic resistance system
- Blue backlit LCD display
- Powerful fan
- Bi-directional pedaling allows you to pedal forward or backward to target specific muscle groups.
- Oversized deluxe footpads, water bottle holder and magazine rack
- 18” stride, ideal for most users

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100217	450 Elliptical	Schwinn	Ningbo-2	28.27	237

SCHWINN®

Elliptical

450

Schwinn® Elliptical Machines are designed to deliver a comfortable workout with maximum results. With great new features that include a multi-position ramp, adjustable movement arms, and a user-friendly console, the Schwinn® 450 is an innovative machine from the company that started the fitness revolution.

- Biomechanically designed linkages mean a comfortable and natural, 20-inch elliptical path
- Adjustable movement handles allow for varied upper body workouts and positions
- In-console speakers and MP3 music input port, with holders for magazines, ebooks or other media

BioDyne™ Performance

- Unique, adjustable ramp with up to 15 degree incline, to change your stride and target different muscle groups
- Heavy, perimeter weighted flywheel with high inertia for smooth, consistent workouts
- Oversized stabilizers and levelers that are built-in for a solid workout platform

BioConnect® Feedback

- 11 preset programs, 8 profile courses, quick start, distance goal, fitness test
- 4 Polar® heart rate programs
- Backlit, multi-color console
- Schwinn Advantage™ workout tracking (Voice: an easy way to set fitness goals and measure your progress right on the console)
- Polar® telemetry-enabled heart rate system
- 16 resistance levels

BOWFLEX

Benches – Weights - Home Gyms

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ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
140003	3.1 Bench	Bowflex	Xiamen	5.34	55

BOWFLEX

Bench

3.1

Turn your workout area into the ultimate home gym. Adjusts to one of four positions for a variety of new and powerful exercises. Ideal for dumbbell, barbell and cage use.

- Adjusts to four different positions (45°, 90°, flat and decline) for workout versatility!
- Corrects posture and stabilizes positioning for a safe, muscle-building free weight workout.
- Adds an incredible amount of variety to your routine - you can perform over 30 exercises.
- Comes standard with a removable leg hold-down brace for added decline position support.
- Guarantee: Work out on your adjustable bench at home for 6 weeks. If you choose to return it for any reason during that time, you can get a full refund (less shipping and handling).
- Warranty: 15-Year warranty on the frame construction. 1-Year warranty on the upholstery.
- Dimensions: 56" L x 26" W x 20" H (142.25 L x 66 W x 51 H cm)

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
140004	5.1 Bench	Bowflex	Xiamen	5.34	63

BOWFLEX

Bench

5.1

Adjustable incline/decline bench adjusts to 6 different positions.
Heavy-duty commercial construction. Wheels away for easy storage.
Ideal for dumbbell, barbell and cage use.

- Adjusts to six different positions for total versatility: 17° decline, flat, 30° incline, 45° incline, 60° incline and 90° incline!
- Built strong to last long with heavy-duty commercial quality steel.
- Corrects posture and stabilizes positioning for a safe, muscle-building free weight workout.
- Adds an incredible amount of variety to your routine - you can perform over 30 exercises.
- Comes standard with a removable leg hold-down brace for added decline position support.
- Wheels away for easy storage. You can stow it almost anywhere.
- Guarantee: Work out on your adjustable bench at home for 6 weeks. If you choose to return it for any reason during that time, you can get a full refund (less shipping and handling).
- Warranty: 30-Year warranty on the frame construction. 1-Year warranty on the upholstery.
- Dimensions: 56" L x 26" W x 20" H (142.25 L x 66 W x 51 H cm)

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100182	552 SelectTech	Bowflex	Shanghai-2	4.99	130

SelectTech™

552

Dial up results! The power of 30 standard dumbbells is in these redesigned SelectTech Dumbbells by Bowflex. Each dumbbell adjusts from 5 to 52.5 lbs., allowing you to build strength, loose weight and feel great! Compact and durable.

552 – Weight in Lbs.

- Weight Range: 5 to 52.5 lbs (2.27 to 23.8 kg) for each dumbbell
- Exercises Available: 30+
- Weight Settings: 15
- Weight Settings in pounds: 5, 7.5, 10, 12.5, 15, 17.5, 20, 22.5, 25, 30, 35, 40, 45, 50, and 52.5 pounds
- Dumbbell Dimensions (Each): 15.75 inches long by 8 inches wide by 9 inches tall
- Weight (Each): 52.5 pounds / 23.8 kg

Optional Stand

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100319	552i SelectTech (Kilos)	Bowflex	Shanghai-2	5.0	130

SelectTech™ 552i

552i - Weight in Kilos

- Two dumbbells
- Replaces 15 individual free weights in a unique, space-saving system
- Selectorized weight selection technology: a quick turn of the dial lets you choose from 2 to 24 kg
  - 2, 3, 4, 5, 7, 8, 9, 10, 12, 14, 16, 18, 20, 22, 24
- Quieter workouts – durable molding around metal plates provide smooth lift-off and quieter workouts
- Secure plate-locking mechanism for safe and efficient workouts
- Total Body Workout – wider range of weight allows for heavier and lighter weight exercises
- FREE Bowflex SelectTech workout DVD – "Secrets of the 4 Step Rep"

Product Dims. / Weight	L -15.75; W - 8" ; H - 9" / 24 kg each
Shipping Dims. / Weight	L – 23"; W – 16"; H – 11" / 28 kg each
Container Quantities	20' – 180 pairs; 40' – 372 pairs
Country of Origin	Shanghai, China
Warranty – Home	Contact Distributor

LB	kg
5	2
7.5	3
10	4
12.5	5
15	7
17.5	8
20	9
22.5	10
25	12
30	14
35	16
40	18
45	20
50	22
52.5	24

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100320	1090i SelectTech (Kilos)	Bowflex	Shanghai-2	5.00	106

BOWFLEX

SelectTech™

1090i

- Two dumbbells
- Replaces up to 17 individual free weights in a unique, space-saving system
- Selectorized weight selection technology: a quick turn of the dial lets you choose from 4 to 41 kg
  - 4, 7, 9, 11, 13, 16, 18, 21, 23, 25, 27, 30, 32, 34, 36, 39, 41
- Quieter workouts – durable molding around metal plates provide smooth lift-off and quieter workouts
- Secure plate-locking mechanism for safe and efficient workouts
- Wider Weight Range – Continue seeing results as your fitness level improves
- Total Body Workout – wider range of weight allows for heavier and lighter weight exercises
- FREE Bowflex SelectTech workout DVD – "Secrets of the 4 Step Rep"

LB	kg
10	4
15	7
20	9
25	11
30	13
35	16
40	18
45	21
50	23
55	25
60	27
65	30
70	32
75	34
80	36
85	39
90	41

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
710000	1090 SelectTech	Bowflex	Shanghai-2	5.06	106

BOWFLEX

SelectTech™

1090

Watch Video

With the Bowflex® SelectTech® 1090 Dumbbells you can create the ultimate strength building workout. The additional weight of the 1090 dumbbells provides a challenging workout as you get stronger. Just like all Bowflex® SelectTech® dumbbells, with just the turn of a dial, you can automatically change your resistance from 10 lbs (4.5 kg) all the way up to 90 lbs (40.8 kg) of weight. No more picking up 17 different sets of dumbbells to give you the results you want!

- **Replaces up to 34 Dumbbells** - with just the turn of a dial, you can automatically change your resistance from 10 lbs (4.5 kg) all the way up to 90 lbs (40.8 kg) of weight.
- **Adjusts to Your Workout** - adjust in 5 lb (2.3 kg) increments so you can gradually increase your strength.
- **Space Efficient** - Say goodbye to 17 sets of dumbbells cluttering your workout space.
- **Wider Weight Range** - with weight that adjusts up to 90 lbs., you'll continue to see results as your fitness level improves.
- **Total Body Results** - with the wider weight range you can do heavy exercises such as shrugs and lunges as well as lighter exercises such as curls and raises.
- **Quieter Workouts** - durable molding around metal plates provides for a smooth lift-off and quieter workouts...no clanging metal plates!
- **Special Bonus** - FREE Bowflex® SelectTech® workout DVD - "Secrets of the 4 Step Rep" - with every purchase. Get the most out of your workout - work smarter, not harder. Over 30 exercises with over 80 variations.

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100300	SelectTech Stand	Bowflex	Shangai-2	1.54	49

Weight Stand

SelectTech Stand

Designed for easy lifting.
Designed for use with both the Bowflex® SelectTech® 1090 and 552 dumbbells, this is a must have for your new Bowflex® SelectTech® Dumbbells. You never have to bend down to pick up your weights again. They're right there - ready to go. No strain. All muscle gain.

Key Features

- Ergonomically designed to help protect your lower back. Eliminates the need to bend down to pick up heavy weights.
- Fits both Bowflex® SelectTech® 1090 and 552 dumbbells.
- Ultra-sleek design.
- Comes with a built-in rack for hanging towels. No more towels on the floor!
- Guarantee: Use your stand in your home for 6 weeks. If you choose to return it for any reason during that time, you can get a full refund of the purchase price (less shipping and handling).
- Warranty: Amazing 10-Year Warranty.
- Dimensions: 26.2" L x 19.9" W x 22.8" H (66.5 L x 50.6 W x 57.9 H cm).

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100026	Xtreme SE Home Gym	Bowflex	Xiamen	18.55	242

BOWFLEX

Home Gym

Xtreme SE

Product Features

210 lbs of Power Rod® Resistance Standard

Bowflex® Power Rod® units give you resistance, or weight, that feels as good as or better than free weights but without the inertia or risk of joint pain usually associated with free weights. Upgradeable up to 310 lbs / 140 kg or 410 lbs / 186 kg!

Lat tower with Angled Lat Bar

Build back and shoulder muscles quickly with this integrated tower.

Abdominal Crunch Shoulder Harness

All new ab harness and ab pulley bar help you build strong, defined abs.

3-Position Lower pulley/squat station

Use this station to do squats and build your glutes, hamstrings and quads.

Leg Extension

Use for exercises to develop strong, muscular legs.

Ergonomic adjustable seat with Polyurethane cushion

New design provides added back support for leg exercises and knee support for lat exercises.

Compact size for smaller workout space

Gym-style vertical workout position. Reinforced "X"-shaped base for maximum stability.

5-Way Hand-Grip/Ankle Cuffs

Our unique handgrip is designed to add flexibility and performance to any workout. Functions include a Regular Grip, Non-Grip Cuff, Ankle Cuff, Foot Cuff and a Shoulder Cuff.

Multiple cable/pulley positions

Designed to change your angle of resistance - increases the effectiveness of many exercises.

Owner's Manual/Fitness Guide

Complete with detailed instructions for each exercise.

Watch Video English

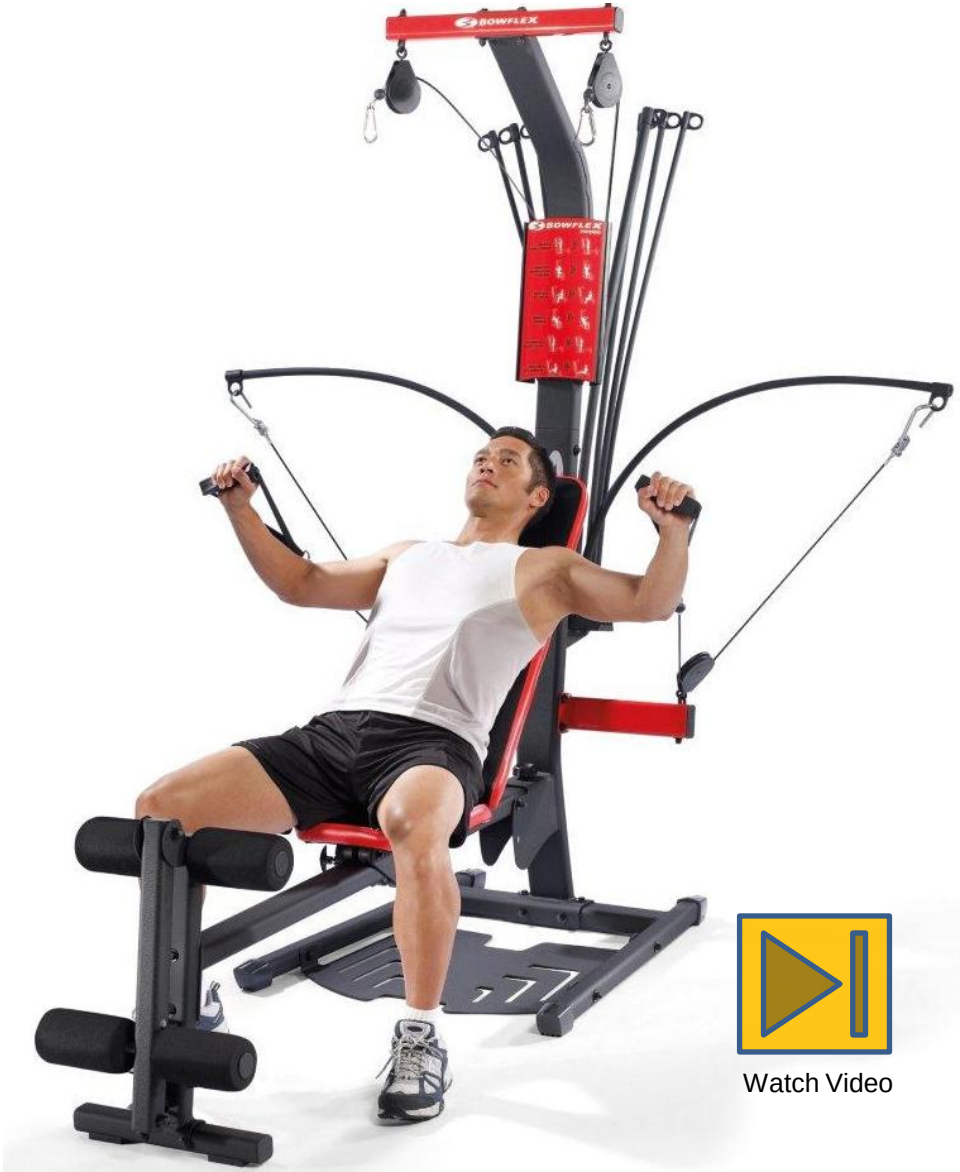
Watch Video Spanish

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
1000141	PR1000 Home Gym	Bowflex	Xiamen	8.25	148

Home Gym PR1000

Product Features

- **Included with your Bowflex® PR1000 Home Gym:**
  210 lbs of Power Rod® Resistance
- 4" upholstered roller cushions for leg extension and leg curl
- Horizontal bench press
- Triple function hand grips for Lat Pull Down
- Built-in cardio rowing station
- Folding unit
- Workout Placard



Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
1000070	Xtreme 2 SE Home Gym	Bowflex	Xiamen	18.55	242

Home Gym

Xtreme 2 SE

Product Features

210 lbs of Power Rod® Resistance Standard

Bowflex® Power Rod® units give you resistance, or weight, that feels as good as or better than free weights but without the inertia or risk of joint pain usually associated with free weights. The Bowflex Xtreme® 2 SE comes standard with 210 lbs / 95 kg and is upgradeable up to 310 lbs / 140 kg or 410 lbs / 186 kg!

Revolutionary No-Change Cable Pulley System

Lets you move from squats to lats to leg workouts without ever changing cables.

Lat Tower with Angled Lat Bar

Build back and shoulder muscles quickly with this integrated tower.

4-Position Lower Pulley/Squat Station

Use this station to do squats and build your glutes, hamstrings and quads.

Leg Extension

Use for exercises to develop strong, muscular legs.

Abdominal Crunch Shoulder Harness

All new ab harness and ab pulley bar.

Ergonomic Adjustable Seat with Polyurethane Cushion

New design provides added back support.

Compact Size for Smaller Workout Space

Gym-style vertical workout position.

5-Way Hand-Grip/Ankle Cuffs

Functions include a Regular Grip, Non-Grip Cuff, Ankle Cuff, Foot Cuff and a Shoulder Cuff.

Multiple Cable/Pulley Positions

Designed to change your angle of resistance - increases the effectiveness of many exercises.

Owner's Manual/Fitness Guide

Complete with detailed instructions for each exercise.

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
340000	Blaze Home Gym	Bowflex	Xiamen	10.81	214

BOWFLEX

Home Gym

Blaze

Watch Video

Product Features

210 lbs of Power Rod® Resistance Standard

Bowflex® Power Rod® units give you resistance, or weight, that feels as good as or better than free weights but without the inertia or risk of joint pain usually associated with free weights. Upgradeable up to 310 lbs / 140 kg or 410 lbs / 186 kg!

Lat tower with Angled Lat Bar

Build back and shoulder muscles quickly with this integrated tower

Lower pulley/squat station

Use this station to do squats and build your glutes, hamstrings and quads. Comes complete with a squat bar.

Leg extension/leg curl attachment

Use for exercises to develop strong, muscular legs

Sliding Seat Rail for Rowing

Adds aerobic element to your workouts. For calorie-burning, cardiovascular warm-up and cool-down. Also great for leg presses and seated leg curls.

5-Way Hand-Grip/Ankle Cuffs

Our unique handgrip is designed to add flexibility and performance to any workout. Functions include a Regular Grip, Non-Grip Cuff, Ankle Cuff, Foot Cuff and a Shoulder Cuff.

Workout Placard

Displays workout descriptions for easy reference while you're exercising.

Easy Storage

Folds and rolls on wheels for easy storage

Owner's Manual/Fitness Guide

Complete with detailed instructions for each exercise.

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100142	PR3000 Home Gym	Bowflex	Xiamen	8.75	178

Home Gym

PR3000

Included with your Bowflex® PR3000 Home Gym:

- 50+ Exercises
- No-Change Cable Pulley System
- 210 lbs of Power Rod® Resistance (upgradeable to 310 lbs/141 kg)
- 4" upholstered roller cushions for leg extension and leg curl
- Vertical bench press
- Triple function hand grips for Lat Pull Down
- Triple function ankle cuff grips
- Workout Placard
- Leg Attachment – Included

Watch Video

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100243	Body Tower	Bowflex	Ningbo-3	7.72	116

BOWFLEX

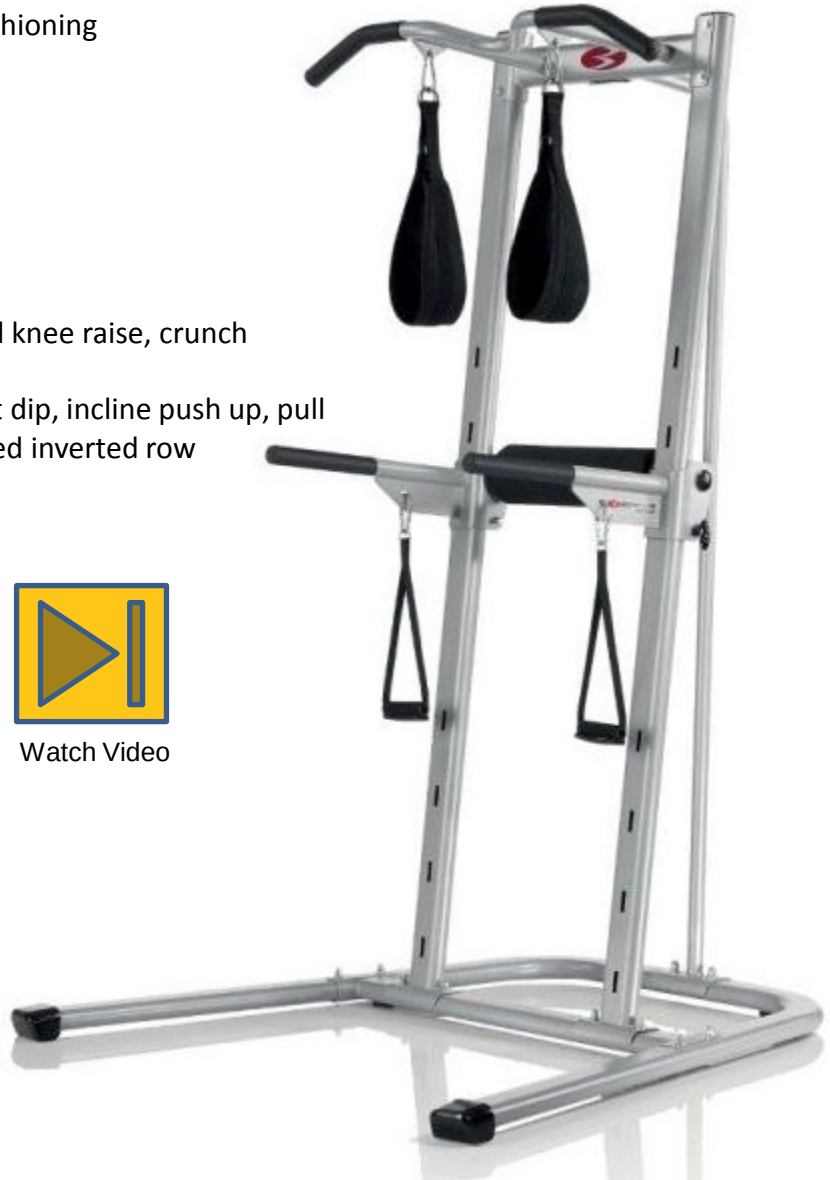
Power Tower

Body Tower

Product Features

- Unique, compact and effective design:
- EZ-Adjust bar for workout variety and intensity, with flexible and durable cushioning
- 18+ exercises — 3x more than most power towers
- Heavy-duty, powder-coated steel tubing with wide base for stability
- Non-absorbent, closed-cell EVA foam cushioned back pad
- Foam-padded, nylon-stitched sling straps
- Non-absorbent, microbial-resistant handgrips
- High strength carabiners and D-ring hardware
- Workout placard with 8 Key Exercises:
    - Squat, chin up, triceps dip, pushup, supine row, raised bridge, vertical knee raise, crunch
- Workout guide includes 10 additional exercises:
    - Assisted leg squat, forward angle calf raise, assisted triceps dip, chest dip, incline push up, pull up, hanging leg raise, rear decline plank, hanging hip-leg raise, assisted inverted row
- Online exercise demonstrations
- Simple, 30-minute assembly time

Watch Video



Universal

Weights - Benches

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ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100189	5-10 Kettlebells	Universal	Nantong	2.9	39
100190	10-20 Kettlebells	Universal	Nantong	3.27	65

Weights

5-10 Kettlebells

Experience the power of kettlebells - cardio, strength and stretching all in one! The tried-and-tested simplicity of kettlebells permits a huge array of exercises to build muscle, burn calories, increase endurance and hone your core strength and balance. The all-new Universal® vinyl, sand-filled set includes three bells (5, 7.5, and 10 lbs or 10, 15, and 20 lbs), stand and workout guide. Choose yours based on fitness level.

10-20 Kettlebells

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
100208	445 Dumbbells & Stand Kit	Universal	Shanghai-2	3.94	122

Weights

445 Dumbbells & Stand Kit

Universal® Power-Pak® 4-45 Dumbbell Kit

- Replaces 18 individual free weights in a single, space-saving system
- Patent-pending SelectTech® weight selection technology: A quick turn of the dial lets you choose from 4 to 45 lbs (1.9 to 20.4 kg)
- Proprietary plate locking mechanism for safe and secure workouts
- Compact stand organizes your Power-Pak® dumbbells for easy access
- Coated iron weight plates
- Durable thermoplastic rubber handles
- 5 lb weight increments
- FREE Power-Pak® workout guide

ITEM #	DESCRIPTION	BRAND	FACTORY	CUBE	WEIGHT/ LBS
003-9067	UB100 Bench	Universal	Yantian	2.56	20

Bench

UB100

Power up your core the traditional way
Execute sit-ups, twists and many more core-strengthening exercises. 8" padded foam rollers keep feet firmly in place. 3' 9" L x 1' 5" W x 2' 1" H. Max. user weight: 200 lbs.

For free weights, crunches and much more
Five bench-back settings (from -10° to 45°) let you use this workout station for dozens of exercises. 8" foam rollers anchor your feet. Contoured pads and sides support your body. 4' 3" L x 1' 5" W x 2' 1" H. Max user weight: 250 lbs.

UB200

Great bench and dumbbell set
Flat bench plus 2 and 4 lb. dumbbells (2 each) for dozens of exercises. Contoured pads and sides support your body. Max user weight: 250 lbs.

UB300

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